



Cumming Aquatic Center Group Swim Lessons— Spring 2025

Monday & Wednesday Evenings

Session 1: March 3rd—March 26th (8 lessons)
Session 3: April 7th—April 30th (8 lessons)
Session 7: May 5th—May 28th (7 lessons) *No Lessons 5/26

Tuesday & Thursday Mornings/Evenings

Session 2 (Evenings): March 4th—March 27th (8 lessons)
Session 4 / 5 (Mornings/Evenings): April 8th—May 1st (8 lessons)
Session 8 / 9 (Mornings/Evenings): May 6th—May 29th (8 lessons)

Saturday Mornings

Session 6:
 April 12th—May 17th
 (6 lessons)

Swim Lesson Fees :		8 lessons	7 lessons	6 lessons
Parent & Child / Preschool Aquatics	30 min lessons	\$110	\$97	\$85
Learn to Swim / Adult Aquatics	45 min lessons	\$158	\$139	\$121

The schedule below outlines class offerings throughout the Spring season, though offerings may vary by session according to demand. Please use this as a guide and refer to the registration details for the current offerings.

Class	Mon & Wed Evenings	Tues & Thurs Mornings	Tues & Thurs Evenings	Saturday Mornings
Parent & Child Aquatics (Age 6months—3 years) *No Prerequisites				
Parent & Child [1:10 ratio]	—	10:15—10:45 am	5:20—5:50 pm	9:10—9:40 am 10:20—10:50 am 10:55—11:25 am
Pre-School Aquatics (Ages 3-5) : Pre-School Level 1 (Beginner)—Pre-School Level 4 (Advanced)				
Pre-school 1 [1:5 ratio]	4:35—5:05 pm	9:05—9:35 am 10:50—11:20 am	4:10—4:40pm	9:10—9:40 am
Pre-school 2 [1:5 ratio]	5:10—5:40 pm 5:45—6:15 pm	9:40—10:10 am 11:25—11:55 am	4:45—5:15 pm 5:20—5:50 pm	9:45—10:15 am 10:20—10:50 am 10:55—11:25 am
Pre-school 3 [1:6 ratio]	6:20—6:50 pm	—	6:00—6:30 pm	11:30—12:00 pm
Pre-school 4 [1:6 ratio]	6:55—7:25 pm	—	6:40—7:10 pm 7:15—7:45 pm	12:05—12:35 pm 12:40—1:10 pm
Learn to Swim Aquatics (Ages 5½–12) : LTS Level 1 (Beginner)—LTS Level 6 (Advanced)				
Learn to Swim 1 [1:6 ratio]	—	—	—	—
Learn to Swim 2 [1:6 ratio]	4:20—5:05 pm	—	4:10—4:55 pm	9:10—9:55 am
Learn to Swim 3 [1:6 ratio]	5:10—5:55 pm	—	5:00—5:45 pm	10:00—10:45 am
Learn to Swim 4 [1:6 ratio]	6:00—6:45 pm	—	5:50—6:35 pm	10:50—11:35 am
Learn to Swim 5 [1:8 ratio]	6:55—7:40 pm	—	6:40—7:25 pm 7:15—8:00 pm	11:40—12:25 pm 12:30—1:15 pm
Learn to Swim 6 [1:8 ratio]	—	—	7:30—8:15 pm	—
Adult Aquatics (Ages 13+) *No Prerequisites for Adult Basics				
Adult Basics [1:6 ratio]	5:10—5:55 pm 6:00—6:45 pm 6:55—7:40 pm	—	5:00—5:45 pm 6:40—7:25 pm 7:30—8:15 pm	11:40—12:25 pm 12:30—1:15 pm
Adult Stroke Development [1:8 ratio]	—	—	—	12:30—1:15 pm

LEVEL PROGRESSIONS

Parent Child

(ages 6 months-3 years)

This class is designed to familiarize children with the water and teach swimming readiness skills through exciting activities, games and songs. Each child must be accompanied by an adult in the water, and a swim diaper must be worn. (1:10 ratio)

Preschool
(ages 3-5)
Levels 1-4

Preschool Level 1
1:5 ratio

Level 1—
I'm a beginner ready to learn fundamental skills of swimming (floating, gliding, kicking, submerging).

Preschool Level 2
1:5 ratio

Level 2—
I can put my face in the water and can float & swim with some assistance. I need to practice swimming longer durations with some assistance, and begin working on independence.

Preschool Level 3
1:6 ratio

Level 3—
I can submerge underwater and have practiced swimming short durations by myself. I need to practice swimming with my arms and legs on the front and back independently and with improved coordination.

Preschool Level 4
1:6 ratio

Level 4—
I can float by myself and swim Front Crawl and Back Crawl independently for a short distance. I need to practice breathing properly and swimming further distances.

Learn to Swim Level 6
1:8 ratio

Level 6—
I have strong endurance and I can dive & swim in deep water. I need to fine-tune strokes, turns, and finishes to prepare for a swim team.

Learn to Swim Level 5
1:8 ratio

Level 5—
I can swim 25 yards of each competitive stroke. I need to work on stroke refinement, endurance, flip turns and diving from the block in the competition pool.

Learn to Swim Level 4
1:6 ratio

Level 4—
I can swim Free, Back & Breast but need to improve Breast & Fly technique and practice diving.

Learn to Swim Level 3
1:6 ratio

Level 3 —
I can swim Freestyle (with side breathing) & Backstroke but I need to learn Breaststroke & Butterfly.

Learn to Swim Level 2
1:6 ratio

Level 2 —
I can swim independently for a short distance, but still need to improve Freestyle & Backstroke technique.

Learn to Swim Level 1
1:6 ratio

Level 1—
I'm a beginner looking forward to learning fundamental skills of swimming (floating, treading, swimming independently).

Adults
(ages 13+)

2 Levels

Adult Basics (1:6 ratio)— I'm a beginner ready to learn the fundamental skills of swimming, as well as swimming the basic strokes independently.

Adult Stroke Development (1:8 ratio)— I am comfortable swimming 25 yards independently. I need to work on stroke refinement, endurance, flip turns and diving from the diving block in the competition pool.